

WHOLE MILK is a nutrient POWERHOUSE!

Whole milk contains a complex mix of saturated, monounsaturated & polyunsaturated fats, including omega 3 and 6. There are ZERO trans fats. Studies show the fats in Real Whole Milk offer benefits: converting to energy, not fat; aiding vitamin absorption; contributing to brain development; positive for mood and alertness; and providing flavor and fullness to curb sugar cravings. Impact on cardiovascular disease is also being debated in a review of the research.



Learn more: **97MILK.com**